



MOHAWK VALLEY RESOURCE CENTER FOR REFUGEES

309 Genesee Street
Utica, New York 13501

Office: 315.738.1083
Fax: 315.738.1168
www.mvrcr.org



www.allenclark.com

The Mohawk Valley Resource Center for Refugees is forming an International Mile Running Team sponsored by Excellus BCBS, made up of current and former refugees, staff and community members. Any member of the community is welcome to join and support the wonderful diversity that Utica has to offer. You too can become part of the family!

By becoming a member of our team you will receive a moisture wicking running shirt!

If you are unable to participate in the running team you can still help out by sponsoring the team and receive a complimentary 100% cotton t-shirt!



2009 MVRRCR INTERNATIONAL MILE RUNNING TEAM - REGISTRATION FORM

Yes! I want to be a member of the team!
(receive a moisture wicking running shirt)

Yes! I want to sponsor the team!
(receive a 100% cotton t-shirt)

5K 15K

Shirt Size (circle size): S M L XL

Shirt Size (circle size): S M L XL 2XL

Team Member Fee: \$20

Sponsorship Fee: \$10

I would like to receive my shirt (Please select one):

Send to address below

I will pick-up at the Refugee Center

Name: _____

Street Address: _____

City/State/Zip Code: _____

Phone number: _____ E-mail: _____

My check payable to MVRRCR for \$_____ is included.

Mail To: Mohawk Valley Resource Center for Refugees - 309 Genesee St. - Utica, NY 13501
Phone: 315.738.1083 www.internationalmile.org

Many Cultures, One Community